



Arlington Council on Aging

Agenda

Date: Thursday April 15, 2021 Time: 6:00 pm

Location: Due to COVID-19 Pandemic, this meeting will be conducted virtually via Zoom, following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail KShah@town.arlington.ma.us for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.

Kristine Shah, Executive Director

Michael Quinn, Chair

Marge Vanderhill, Secretary

The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.

1. Call to order
2. Citizen's Open Forum
3. Minutes of the March, 2021 meeting for approval
4. Executive Director's Report
5. Report of the Chair
6. Minuteman Senior Services Report
7. ASA Liaison Report
8. Old Business
9. New Business
10. Other Community Announcements
11. Adjourn - **Next meeting: May 20, 2021**

Executive Director's Report

Kristine Shah

- I. COVID-19 Vaccine Updates
 - a. As of April 8, 350 Arlington residents, age 65+ have been fully vaccinated through HHS run clinics (2-dose Moderna Vaccine).
 - b. All interested residents (540) of AHA senior housing buildings have been fully vaccinated (2-dose Moderna Vaccine). .
 - c. One final 2nd dose Moderna clinic is scheduled for April 14 where 101 older adults, age 60+ will be fully vaccinated.
 - d. Half of our list of 100 homebound residents have been fully vaccinated (J&J vaccine was received for homebound resident list).
 - e. Thanks to a grant from MAPC, we have been scheduling taxi rides for Arlington residents who are able to secure a vaccine appointment outside of Arlington.
 - f. Thanks to a grant received through Mass Service Alliance, we have a group of trained volunteers who are assisting residents with navigating online websites to secure vaccine appointments. We are finding that vaccine appointments still take effort to schedule, but are becoming more available.
- II. Updates on Programs/Services
 - a. All 55 Chromebooks and 21 hot spots have been distributed to older adults in town as a part of our Technology Lending Library program. We have a waiting list established so residents can borrow the items once they have been returned.
 - b. Virtual programs are robust and still growing. We held our 2nd Sage Table event last week since the first was such a success in November. May is full of patriotic programming including a virtual "Fashion and First Ladies" seminar and a Memorial Day history program. We are also having a virtual Stroke presentation with a Mt. Auburn geriatric doctor (May is Stroke Month). Caregiver support group, Low Vision Group, LGBTQIA+ group, Yarn & Yarn Group, various virtual exercise classes and Sing groups are thriving. All of these virtual offerings will continue as we eventually ease back in to in person offerings.
 - c. We are launching a walking club in June. This will be the first "in person" offering we have had since the pandemic began. We will start with 10 preregistered older adults meeting for a distanced walk at McClenen Park on Summer St.
 - d. We continue to get calls regarding AARP Tax prep. We have told all callers that we aren't able to hold in person tax appointments at this time and are encouraging them to have their taxes done elsewhere if they can. If they can't, Pat helps them file a deferral and we will hopefully be able to meet with them in person to help with their taxes this summer.
 - e. \$10,040 was distributed to applicants who applied for the Elderly and Disabled Tax Relief Fund for Q4 property tax bills. This leaves a \$3,000 balance in the account which will be added to if residents make donations over the next year.
 - f. Our Senior Property Tax Work off program and Harry Barber program are full with 25 participants and all have begun accumulating their volunteer hours.

III. Age Friendly/Dementia Friendly

- a. Thank you to those who attended our Dementia Friends training in March. We had 16 participants including various town department representatives. If you weren't able to attend and would like to participate in a DF training, visit <https://dementiafriendsma.org/find-dementia-friends-information-session>
- b. COA Social Work Intern, Ashley Cheetham, is updating the printed resource guide for Older Adults in Arlington. Updating this guide assists with both Age Friendly and Dementia Friendly goals. If you have any suggestions for new resources for older adults in Arlington, please send them to me.
- c. Our complete Age Friendly/Dementia Friendly Action plan is due this summer. We will plan on convening the Age Friendly and Dementia Friendly sub committees in May and June for this effort.

IV. Financial Updates

- a. Our social workers have been seeing an increase in the amount of financial need from our older residents. There are more asks to help with basic needs such as paying rent, utilities, tax bills or medical expenses. Thankfully, our Sussman account was funded with \$5,000 dollars more than last year, thanks to our generous donor. We typically pay approved need through the Sevyan Personal Needs (\$300 max per year) and then pay any balance through the Sussman account (typically up to \$1,200). We also work closely with the COVID relief fund and fuel assistance funds. Because of the increase in need, our Sevyan account is almost depleted for the fiscal year. I plan to get a head start on asking the board to approve additional Sevyan funds being transferred for FY22 and will present at the May meeting. We have seen a decrease in Sevyan Dental need, likely due to the pandemic, so that account will not need additional funds for FY22.
- b. Grant Application Updates
 - a. CDBG FY22 grant applications: Transportation Program (\$31,540), Volunteer Coordinator Position (\$52,922) and Adult Day Health scholarships (\$6,000). – *approved by Department of Planning & Community Development, Public Hearing scheduled for 6pm on April 14.*
 - b. \$5,000 from I'm Still Here Foundation for Dementia Friendly Virtual Exercise Classes- *Accepted to 2nd round, final grant will be submitted by due date of April 15.*

V. Capital Campaign

- a. We have a draft of the mailing where we highlight the COA's involvement in the pandemic efforts, vaccine efforts and how we have evolved since March 2020. The mailing will be sent as a last push to our fundraising goal of \$300,000 (\$151,000 raised to date).
- b. The latest update I have heard on construction progress is that the building will be ready for furniture in September.

VI. Other

- a. Our new show on ACMI, Arlington 60+ Connection, is in its third month of recordings. It is showing on 4PM on Sundays, 9PM on Tuesdays, and 8AM on

Wednesdays. In May we plan on highlighting SNAP with one of our social workers as we are looking to spread the word in helping people apply.

- b. ACMI is also airing our recorded Exercise Classes, a Senior Cooking Show produced by MCOA and also a talk on the Senior Circuit Breaker this month.